

How to Fast?

I Definition – Fasting is to set aside something that your body enjoys, so that you can grow spiritually. Usually, food...?

What is the difference between fast and diet...? Fast without prayer...? Fasting its not about missing a meal or going on diet, its seeking God and drawing to him. Fasting is not manipulating God, but surrendering your flash for spiritual growth.

II How to fast? Pray for Gods guidance when you fast. When, how long and how? God is more important than our flesh

1. Before we start fasting – eat healthy..., prepare your body and mind

2.What type of fast should we do? Ask God to give you peace and confidence for 1.3.7.10.17.21 or 40 days

A) Sunset fast – Only eat one meal per day after sunset. Muslimas for Ramadan and Daniel 10 days fast. Daniel fasted also 21 days with fruits (pulse) stragali. To scarifies his body needs and spend time with God. Is it possible today...?

B) Full day fast – No food for 24 hours.

C) Partial fast – Minimum nutritious if the Spirit leads you to fast from certain foods – bread, meat

3. How we should eat after fast...? After longer fast eat soups, fruits and vegies . You body temple and spirit are clean and keep them this way. Stop bad eating habits... snack before bed... Satan can kill you with bad food habits.

4. When the fast was born- Levit. 16/29-31 Ion ketor – day of sacrifice and cleansing

Joel 2/12 when we have pain to get God's attention, we have to put God before our body.

Isaiah 58/3-4 Fasting has to please God. Your voice has to be heard above. How much of God's response do you want?

III Jesus fasted – so we have to. We have his spirit with us which allows us to be the body of Christ on earth and he is praying for us at the Tron of God. Our live should be parallel of the live Christ. If he was baptized, we should. If he prayed, we should. If he fasted, we should.

Mat. 4/1-3 Jesus fasted 40 days

Mat. 6/16-18 When you fast. Not if you...? Do not make it obvious, but between you and God.

Mat 17/17-21 Prayer and fasting gives you grater spiritual power.

IV The Disciples fasted – they fasted before every major decision

Act. 13/2-3 When you fast God might speak to you. They fasted together.

Act. 14/23 Paul appointed elders after fasting to lead the new churches. Creates atmosphere to move in ministry.

V What happens in the unseen world when you fast? You get God's attention and activate angels to fight for you.

Fasting starving the flesh and feeding your spirit.

Ext. 17/11 Physical obedience wins spiritual battles...? Power, healing help, protection, miracles...

Daniel 10/2-12 Daniel fasted 3 weeks and Angel spoke to him. God Loves you but by fasting you are drawing his attention and you become His favorite by obedience and sacrifice